

Kennedy Center

November 2016



Friendly Visits

If you know a homebound senior who would benefit from a friendly visit, call Outreach Coordinator, Marge Donaher, at 617-376-1243. Friendly visits provide social support for lonely, isolated and/or homebound elders. A face to face chat can help a senior stay socially connected and reside at home longer, as well as help address health and social isolation

The Kennedy Center will be closed on Friday, November 11th in observance of Veterans Day.



The Kennedy Center will be closed on Thurs, November 24th & Fri 25th



*Happy Thanksgiving!
To You And Your Family*

Dear Friends,

Thanksgiving Day will be here before you know it.

A few weeks ago I had Brunch with my Aunt Pat at the Fruitland Museum in Harvard MA. It's a beautiful area overlooking the mountains of Central Mass. My Aunt is one of the dearest souls you would ever meet. During the course of our conversation she was telling us how each day she does a gratitude list. Beginning with the letter A and ending with the letter Z, she lists something beginning with each letter in the alphabet that she is grateful for. She told us that the only thing she could be grateful for beginning with the letter Z were zebras. That was until her granddaughter Zoe was born.

What a wonderful practice this is. It seems that with all the busyness of life many of us don't take the time to list out those things for which we are most grateful. Think about it though, we can never hear enough about gratitude. We have so much to be thankful for yet oftentimes we fail to render proper thanks. Saying thank you is one of the most important habits we learn in our childhood development. It is among the first phrases parents teach little children, and then what happens? As we age we get so lost in our blessings that we become complacent. We forget those most valuable words, "thank you"! We take things for granted. It seems even truer in this age of Enlightenment. Let us take note. Why not tell the folks who mean the most to us that we are very grateful for their involvement in our lives.

Let me take this opportunity to thank you for all the ways that you have made my life richer.

Soon as a nation we will consume tons of turkey maybe more than a few drinks and an obscene amount of pie. Let's all make sure we don't forget to thank our Creator and our family and friends for the many blessings they provide to us. So I'll begin by saying thank you to my Aunt Pat for giving me this November's message.

Sincerely,

Thomas F. Clasby, Jr.
Director



For timely information, topics of interest, announcements and more, be sure to like us on Facebook! Search us under Quincy Council on Aging



KENNEDY CENTER

Kennedy Center
440 East Squantum Street
Quincy, MA 02171
617-376-1506

www.quincyma.gov/government/elderserv
Hours: Monday- Friday 8:30 – 4:30PM



The Fabulous Reagle Players Christmas Spectacular Sunday, December 4th at 10:30AM

Depart from the Kennedy Center to The Reagle Theater in Waltham. Enjoy the holiday tradition, "It's Christmas Time". A wonderful cast of dancers and musicians, the "Christmas Time" show is a spectacle of sight and sound. After the show you are off to dinner at the Chateau Restaurant nearby. Entrees are Baked Haddock St. Germaine, Broiled Marinated Chicken and Chicken Parmigiana with Penne. Meal also includes garden salad, Italian bread & butter, delicious dessert and beverage. **\$119.00 PP due at registration.** Space is limited.



Annual Christmas Party Friday, December 16th at 1PM

Join us to celebrate the spirit of Christmas with friends at the Kennedy Center. Enjoy great Christmas entertainment, catered lunch and raffles. Space is limited. **Stop by the Kennedy Center to purchase your ticket. \$10PP**



Squantum School Fifth Grade Chorus Friday, December 9th at 12:30

Squantum School's Fifth Grade Chorus has been a tradition at the school since the 1980's. Students rehearse once or twice a week in order to sing songs in harmony, and which include movement, rhythm, and sometimes instruments and solos. The chorus performs at school assemblies, concerts and promotion ceremony. Under direction of music teacher Judy Lai, the Fifth Grade Chorus is proud to perform at the Kennedy Center. Light refreshments will be served. **Please call 617-376-1506 to register.**



Sand Art Class Friday, November 18th at 10AM

\$20PP Includes all supplies. Janet Harrold, our Acrylic instructor will be teaching class. You will leave with a beautiful creation to display or give as a gift!
Payment due at registration.



Redefining Independence Friday, Dec 9th @10 AM

2 Sisters Senior Living Advisors will present "Redefining Independence". Topics will include: setting goals, utilizing services to enhance your life and keep safe, and senior living and care options. Light refreshments will be served. **Please call 617-376-1506 to register.**



Dental Health As You Age Wednesday, December 7th @ 10:30

The presentation, Dental Health as You Age, will address key topics including preventative care, plaque, and tooth decay, taking care of partials and dentures and nutrition that best supports optimal oral health. Presentation will include a slide show with short video clips along with demonstrations and hands-on material. The presenters, Camila and Laurie are from Folan Family Dental in Dorchester. Camila is a registered Dental Hygienist and Laurie is a MA certified teacher. **Please call 617-376-1506 to register.**



Winter Safety

Tuesday, December 13th at 2:00

During the winter months, ice, snow and cold temperatures can make life challenging for everyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses - especially for seniors. **Join Ruth Jones, BSN,RN,BC,CP-FS** Director of Nursing Quincy Health Department for some helpful advice for preventing common winter dangers. **Call 617-376-1506 to register.**

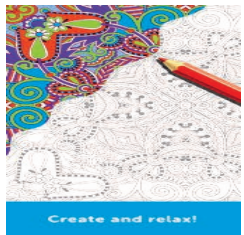


Election Day

Tuesday, November 8th

****All classes in the gym canceled for voting.****

There will be a bake sale at the Kennedy Center from 8AM-3PM all proceeds go toward activities at the Kennedy Center.



Coloring Group

Thursdays at 1:00 at the Kennedy Center

Join the coloring craze! It is a great way to relax. Health benefits include improved fine motor skills and vision and brain focus. Doctors prescribe coloring to patients to calm and center their minds as well as combat stress and anxiety. Supplies provided. If you have supplies you prefer to use, bring them along. **No registration required.**



Senior Activities at Fore River Clubhouse 16 Nevada Road, Quincy, MA

Chair Yoga Wednesdays at 1PM

Line Dancing Thursdays at 10:30AM

Sing-a-long Fridays at 10AM

Jennifer Hoadley, CDP, Regional Manager South Eastern MA, Alzheimer's Association, Massachusetts and New Hampshire Chapter, will present two classes:

Tuesday, November 15th at 10:30 Alzheimer's "Effective Communication Strategies"

Tuesday, December 6th at 10:30 Alzheimer's Understanding & responding to dementia related behavior.

Call 617-376-1506 to register for the presentations.



A Caregiver's Message

Monday, November 7th at 10AM

Quincy Council on Aging's Assistant Director Linda Bowes, will talk about her experience as an Alzheimer's caregiver. Linda's husband Tom was diagnosed with Alzheimer's four years ago at the age of 62. She will talk about the ups and downs of the journey. Her story is one for caregivers as well as family members and friends of those with Alzheimer's Disease.

Please call the Kennedy Center to register 617-376-1506



Reduced Fare Senior T Passes

Friday, December 2nd from 10-12

Grace Buscher will take photos and assist attendees with completing new reduced fare senior T pass applications. Applicants are required to bring a Massachusetts driver's license or photo identification. **Registration is required.**



Computer Classes - 2016 - \$5 per class **Instruction by Grace Buscher**



*Registration required for classes * Bring your laptop. You are welcome to come without laptops for instruction only. The center's computers are available first come, first serve. Call 617-376-1506 to register.*

****All computer classes are canceled for the month of November.****

December 1 - Mac Computer and pictures

December 8-How to Buy online—This class is designed to show people the best ways to purchase over the internet. It will take you through ordering, paying, tracking, receiving, returning.

December 15- Internet Safety— Newly developed class on the perils of virus, malware, adware and items designed to harm your computer. We talk about antivirus protections and general maintenance to keep your computer running well and responsive.

Seniors are often intimidated by technology. Join Grace for computer classes at the Kennedy Center— stimulate your mind and learn how to use a computer and navigate the internet. Beginner classes are Tuesdays at 10:30am and Wednesdays at 1:30pm.



Strength Training **Fall Session continues Nov, 3rd, 10th and 17th at 10:30 AM**



Alzheimer's Support Group is held the 4th Thursday of every month at 1PM at the Kennedy Center. For more information contact **Marge Donaher at 617-376-1243.**

Living with Alzheimer's **Wednesday, December 7th at 10:30AM**

Greg O'Brien of Brewster MA will return to the Kennedy Center to talk about his experience living with Alzheimer's. Greg spoke at the Kennedy Center in 2014 soon after being diagnosed with Early Onset Alzheimer's Disease. He wrote a book about his experience, A Place Called Pluto. **Please call to register 617-376-1506**



2016-2017 Fuel Assistance Program **November 1, 2016 and ends April 30, 2017**

No matter what type of heating system you have, QCAP's Fuel Assistance program can help you pay your winter heating bills. The program helps with heating costs for the months of November through April. Payments are made directly to your heating company up to a maximum benefit level. Call (617)479-8181 x301 for more information on the program.



Kennedy Center Book Club, meets 1st Thursday of each month at 1:30
November 3rd "The Lilac Girls" by Martha Hall Kelly. December 1st "The Man Called Ove" by Frederick Backman.



Quincy Christmas Parade will be held Sunday, November 27th at 12:30
This year's theme is "Traditions of Christmas". Look for the Kennedy Center Trolley in the parade !



Feeding the Community

Food Drive

The Kennedy Center will be accepting donations of non-perishable food for Quincy Food Pantries. If you would like to donate please bring any non-perishable food to the QCOA offices at The Kennedy Center where baskets have been set up .

Please call 617-376-1506 with any questions.



Chinese Mah-jong for Beginners Thursdays from 10-12

Similar to the card game rummy, mah-jong is a game of skill, strategy and calculation and involves a degree of chance.



Jewelry Making Class , Thursday, November 3rd and Dec 1st at 10AM

Learn how to create your own beautiful, custom jewelry using beads, wire, chains, charms, crystals and more. Supplies included. **\$15 per person.** Visit the Kennedy Center to register.



Hand and Foot Card Game Tuesdays at 10AM

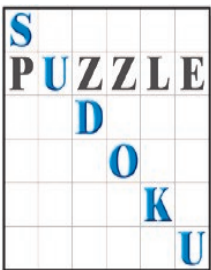
Learn the American card game related to Canasta. An instructor will teach you this fun game in which the players are dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up.

Call the Kennedy Center to register at 617-376-1506



Parkinson's Support Group is held the **2nd Wednesday** of each month at the Ward 4 Community Center. 100 Brooks Ave, at 7 pm to discuss Parkinson's.

Call Brian 617-770-2090 for information.



This is an
Intermediate
Level
Puzzle.

Exercise Your
Brain!



7				8			1
	1					3	
							7
			1				
5							
	2					1	
1			8				4

Sudoku

Use your logic to find the correct number for each square.

When finished, all nine rows across, all nine columns down and all nine 3 by 3 boxes must contain all nine numbers, 1 through 9, with no repeats.

Level: Intermediate

Good luck!!

**FREE MOVIE
FRIDAYS****Free Movie Fridays at the Kennedy Center**
Every Friday at 12:30pm

November 4th –San Andreas– Starring Dwayne Johnson and Carla Gugino-After the infamous San Andreas Fault gives, triggering a magnitude 9-plus Earthquake in California, a search and rescue helicopter pilot and his estranged wife make their way together from Los Angeles to San Francisco to save their daughter.

November 11th– Closed for Veterans Day

November 18th - The Closer– starring Julia Roberts, Jude Law, Natalie Portman and Clive Owen-A witty romantic , and very dangerous love story about chance meetings, instant attractions and casual betrayals. Four strangers with only one thing in common-each other.

November 25th– Closed

If you are a **veteran, spouse, widow or widower of an honorably discharged veteran** and your total monthly income is less than \$1,962.00 (as a single person) and \$2,655.00 (as a couple), you could be entitled to assistance under Chapter 115 Veterans' Benefits Program.

Chapter 115 provides a needs-based, means tested program of financial and medical assistance for low income veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for daily living expenses and medical care. IF you are currently enrolled in Medical A & B, medical care would include assistance with health insurance premiums, Medicare B & D payments, Dr. co-pays and prescriptions co-pays. A single applicant is allowed \$5,000.00 in cash assets and a couple is allowed \$9,800.00 in cash assets. If you feel as though you could benefit from Chapter 115 **Veterans' Benefits**, please contact **Quincy Veterans' Services, 24 High School Avenue, Quincy, 617 376-1192. Office hours are Monday through Friday 8:30-4:30. The office is closed from Noon to 1:00PM for lunch.**



1. Who was the legendary Benedictine monk who invented champagne?
2. Where would you find the Sea of Tranquility?
3. What is the world's longest river?
4. Which actress has won the most Oscars?
5. What kind of bulbs were once exchanged as a form of currency?
6. In 2011 which country hosted a Formula 1 race for the first time?
7. What is John Leach famous for making?
8. What is sushi traditionally wrapped in?
9. When was the euro introduced as legal currency on the world market?
10. When did the cold war end?



Thank you to everyone that participated in the Senior Conference. Thank You to all that purchased an ad, donated a gift certificate, presented a workshop or donated items for our goody bag. Thank you

Caryn Smith of **Caryn's Corner Fashion** for putting on the fashion show. Thank You **Christine Dipaolo** and **Mary Ellen McDonough** from **Marina Bay Skilled Nursing & Rehab** for the lecture on balance. Thank You **Robert Romano** for conduct an estate planning essentials workshop. Thank you **Jennifer Hoadley** of **South Eastern MA Alzheimer's Association** for the presentation "Coping with Early Memory Loss". Thank You **Elizabeth Gearin** for the class on note cards. **Thank You Maryanne Murphy** for the generous donation of artificial flowers.



Jennifer Higgins November 10th



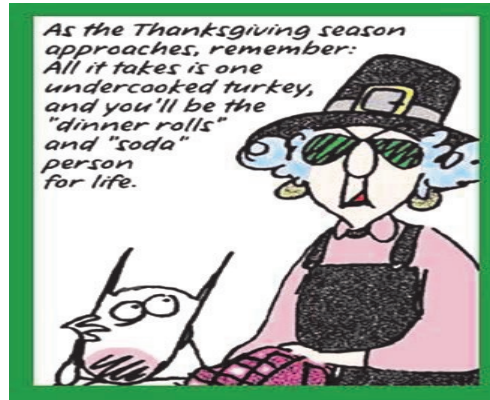
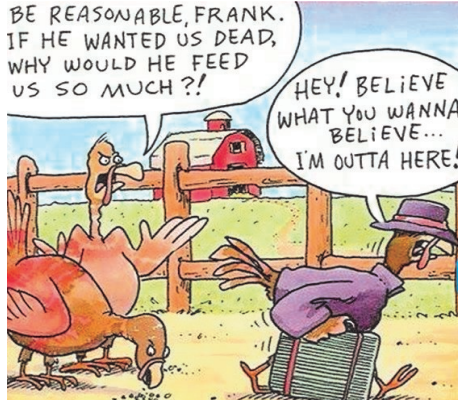
Congratulations to Ed Spring, recipient of the Frank Kearns Award.

Congratulations to Denise Conlon recipient of the Mary Vallier Award.

Both were recognized at our 21st Annual John D. Noonan Senior Conference for volunteering at the Kennedy Center.



Ha! Ha! Ha!



Word Search

APPLES	CIDER	CORNUCOPIA	CRANBERRY	FALL
FAMILY	FOOTBALL	GATHER	GOBBLE	INDIANS
LEAVES	MAYFLOWER	PIE	PILGRIMS	SCARECROW
SQUASH	THANKSGIVING	TURKEY	VETERANS	YAMS

C P I Y C F I S P C Y H L L M
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November 2016

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